



Image Courtesy: Eastman's Docks



Image Courtesy: Outdoor ESCAPES



Image Courtesy: Attitash



NEW HAMPSHIRE'S ADVENTURE TOUR

For the New Hampshire Adventurer

Best Time to Visit: June through October

Day 1 – The Ocean

- Begin your New Hampshire adventure with a half-day deep sea fishing trip at [Eastman's Docks](#) or [Smith & Gilmore Deep Sea Fishing](#), both off the [Hampton Beach \(1\)](#) coast.
- Drive to [Portsmouth \(2\)](#) for lunch, where there are over 60 restaurants to choose from.
- Burn off lunch with your choice of a guided biking adventure with [Papa Wheelies Bike Shop \(3\)](#) in Portsmouth or ocean kayaking from [Portsmouth Kayak Adventures](#).

Day 2 – The Mountains

- Leave early for [North Conway \(4\)](#) where you can take your choice of a guided mountain hike or canoe trip with [Appalachian Mountain Club](#), [Outdoor ESCAPES](#), [Saco Bound](#) or [Great Glen Trails](#) in the exciting [White Mountain National Forest](#).
- Return to North Conway for an afternoon of tax-free shopping at [Settlers' Green Outlet Village \(5\)](#) or at the boutique shops of [North Conway Village](#).
- Wind down with a cold one from [Tuckerman's Brewing Company \(6\)](#).

Day 3 – Yoga and Mountain Tours

- Wake up in the morning for a yoga class on a mountaintop with a [Symmetree Yoga Hikes in the Whites Tour \(7\)](#).
- After lunch, head to [Cranmore Mountain \(8\)](#) for a Mountain Segway Tour or a canopy tour adventure.
- Enjoy a calm evening by taking a [Conway Scenic Railroad](#) train ride or golfing in [Jackson \(9\)](#).

Day 4 – Slides and Zip-Lines

- Take a drive to [Attitash \(10\)](#) for the alpine slides, horseback and scenic skyrides.
- Drive across the [Kancamagus Scenic Byway \(11\)](#) to Lincoln.
- Eat a quick lunch before checking into [Alpine Adventures \(12\)](#) for a zip-line ride or safari tour.

Day 5 – Franconia Notch State Park

- Head over to [Lost River Gorge & Boulder Caves](#) in [North Woodstock \(13\)](#).
- Drive North on to the [Flume Gorge \(14\)](#), an 800-foot gorge at the base of Mount Liberty. Stroll between 90-foot granite walls and past cascading waterfalls.
- Enjoy a picnic lunch in the picnic area at the access trail to [The Basin \(15\)](#). When you've finished eating, follow the walking path to the bottom of a waterfall to find a 15,000 year old "pothole" about 20 feet across.
- Drive further North to [Cannon Mountain \(16\)](#) and take a tram ride to the top.

Please contact the New Hampshire Division of Travel and Tourism Development for assistance finding group-friendly overnight and meal options.

LIVE FREE and
experience

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Itinerary Map

